

# PGX<sup>®</sup>

## Will change your life<sup>®</sup>



**natural  
Factors**

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Years of research involving thousands of participants has shown that PGX can have a positive impact on something that affects almost everyone: blood sugar levels.\* Regulating blood sugar is a key factor in many health conditions, including weight gain. Most people gain weight gradually, adding five or ten pounds every decade. Change isn't easy. Incorporating PGX into your diet can help you lose weight safely and gradually, even if you are not ready to make other positive diet and lifestyle changes at first.\* Naturally, the beneficial effects of PGX will be greatly enhanced by a healthy diet and exercise, leading to incredible results.

### What to expect from PGX<sup>®</sup>

- Reduces appetite\*
- Lowers the glycemic index\*
- Promotes healthy blood sugar levels already within the normal range\*
- Great with ALL weight management programs\*
- Safe, natural, and stimulant free

## Feel good about eating again

Changing life-long eating habits can seem impossible when you're overweight. If you don't have the "willpower" to stick to restrictive diets, if you have to fight fatigue in order to exercise, or if you have erratic food cravings, don't beat yourself up. Poor blood sugar balance may be at the heart of your weight problem. PGX can start changes from the inside out, getting you off the blood sugar roller coaster and helping you feel in control again. Then change can occur comfortably and naturally.



# **PGX**® – Scientifically based and clinically studied

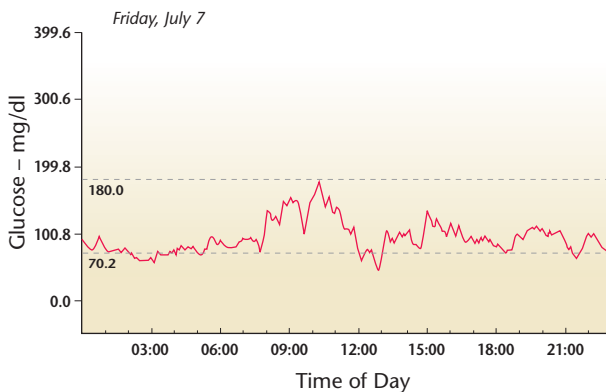
Research has shown that people who gain weight often spend much of their day on a “blood sugar roller coaster,” with blood sugar alternately surging and plummeting, leaving them tired or irritable and leading to frequent and unhealthy appetite. Eating the wrong foods (especially high glycemic index foods) magnifies the problem, but the underlying cause is insulin resistance, a condition where insulin is released after meals, but the body fails to respond appropriately.

Research has shown that PGX may support insulin sensitivity and get you off the blood sugar roller coaster.\* PGX is a unique complex of naturally occurring, water-soluble polysaccharides (dietary fibers) and is the result of years of extensive clinical and laboratory research.

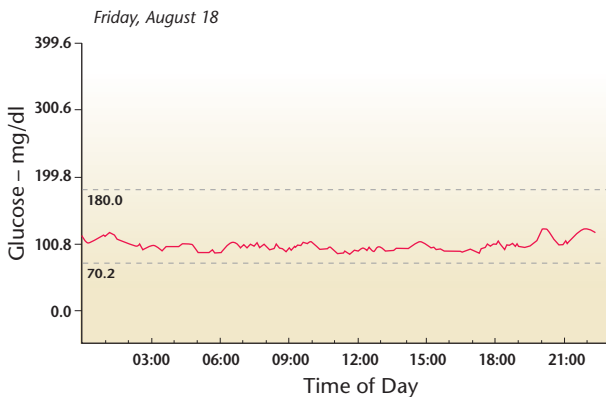
PGX is an amazing nutritional ingredient shown to promote healthy blood sugar management by slowing digestion and reducing the glycemic index of meals\* (see Figures 1 and 2).

The unique  
**PGX**  
Ultra Matrix Softgels





**Figure 1:** Erratic blood sugar levels of an overweight woman over 24 hours with a poor diet and no physical activity.



**Figure 2:** Balanced blood sugar levels of the same woman after consuming PGX for 6 weeks and experiencing a healthy weight loss of 2 pounds per week.

# PGX<sup>®</sup> – The Program

The PGX program can be a comfortable way to improve eating habits for life. Some recommendations include:

- Eat a good breakfast with adequate protein
- Choose healthy snacks
- Eat a light, healthy lunch
- Take PGX before or with each meal\*
- Increase water intake
- Choose high volume, low calorie foods
- Get some exercise every day

Visit the PGX website at [pgx.com](http://pgx.com) for more information on the PGX program or contact the PGX support center at **1-800-895-1470** or at [support@pgx.com](mailto:support@pgx.com).



Available at natural health stores throughout North America. For more information visit our website at [naturalfactors.com](http://naturalfactors.com).

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.